SRM
TRUE TRAINING PRECISION

SRM Training System User Guide

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INTRODUCTION

Congratulations on your purchase of your SRM Training System!

At SRM, precision, quality, durability, and customer service are our core motivators. We have set the standard for power measurement so you can be confident you are receiving the highest quality system on the market. Every SRM Training System is hand-built in the US and Germany and personally tested by our expert technicians.

SRM offers two types of purchase options. Customers may purchase the PowerMeter Only or the complete SRM Training System.

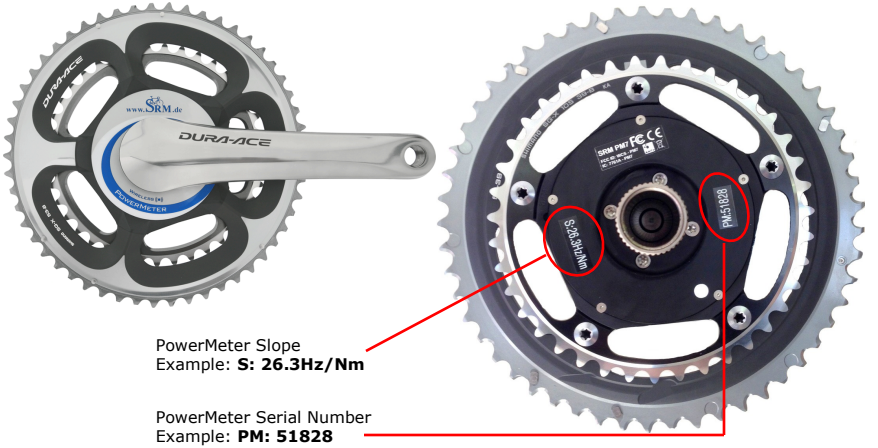
	SRM PowerMeter Only	SRM Training System
SRM PowerMeter*	•	•
Cadence Magnet	•	•
SRM PowerControl 7 and SRM Software		•
Wireless Accessories		•
3 Year Warranty	•	•

* Customer must provide cranks/chainrings for Cannondale and Specialized PowerMeters. Bottom brackets only come with FSA, Rotor 3D, Shimano XT.

SRM POWERMETER

Components

PowerMeter: The PowerMeter is the "spider" to which your right crank arm is attached. Its serial number is a 6-digit number machined on the front or backside of the PowerMeter, close to the chainring bolts. PowerMeter slope can be found on the lid on the back of your PowerMeter (e.g. 23.7 Hz/Nm).



Cadence Magnet: Every SRM PowerMeter comes with a cadence magnet, which is required to turn the PowerMeter on and continuously transmit data. See pg. 7 for cadence magnet installation instructions.

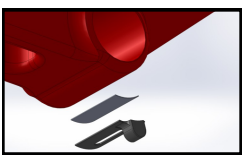
SRM POWERMETER
Installation

PowerMeter: Install the PowerMeter according to the original crank manufacturer's instructions. Depending on the bike frame, you may need to purchase the correct bottom bracket and/or adapters. It is recommended that you have the SRM PowerMeter installed by a professional bike shop or service technician.

Cadence Magnet:
The cadence magnet may be mounted under the cable guide (A) or secured with industrial double-stick tape to the bottom bracket shell (B).

A

B



Location:
The cadence magnet path is highlighted in red. The magnet should be mounted 3-5mm away from the inner lid and pass within the highlighted area. The exact cadence magnet path differs among PowerMeter models. Successful Pairing (pg. 11) and cadence indicate correct magnet placement.

SRM ACCESSORIES

Components

The SRM Training System is a complete and comprehensive package designed to optimize your training program. In addition to the SRM PowerMeter and PowerControl, the SRM Training System includes the wireless accessories below.

1. Handlebar Mount: 31.8mm Round, 26.0mm Round, or Integrated Stem Mount
2. Speed Sensor: VDO Speed Pod (fork or chainstay mounted), or Suunto Quick-Release Skewer (front wheel only)
3. Suunto Heartrate Monitor
4. Mini-USB Download Cable (can be used to charge PC7 via computer)
5. Wall Charger (with international plug kit)

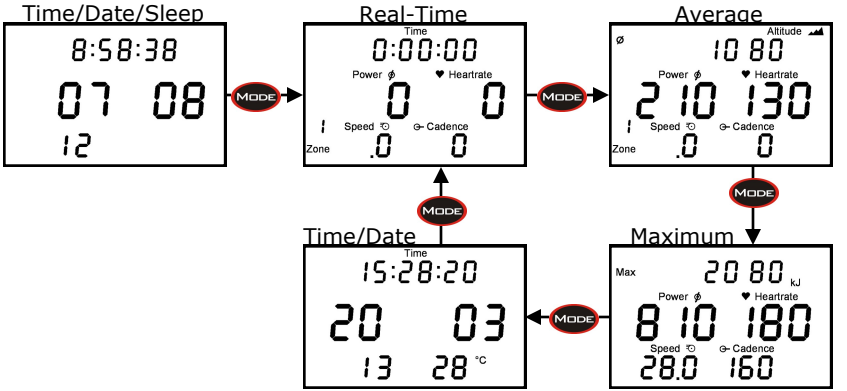
SRM POWERCONTROL 7

Buttons and Views

PRO	MODE	SET
Click: Go to training zones "+" in setup mode	Click: Awake from sleep mode Change screen	Click: Start/stop interval "-" in setup mode
Hold 3 seconds: Enter pairing mode	Hold 3 seconds: Back to real-time screen	Hold 3 seconds: Enter setup mode
	Hold 5+ seconds: Enter sleep mode	

SRM POWERCONTROL

Sleep Mode ▶ Real-Time ▶ Average ▶ Maximum ▶ Time/Date



The SRM PowerControl 7 has 4 main display screens which can be viewed easily during or after a ride. Use the MODE button to scroll through the Real-Time, Average, Maximum, and Time/Date screens.

Real-Time displays the current Power, Cadence, Speed, Heart Rate, and Training Zone. The top line will alternate between time, altitude gained, and distance. You can adjust the top line display settings in SRMWin or SRMMac under "PowerControl Setup." (pg. 16)

Average screen displays the average Power, Speed, Cadence, and Heart Rate of the ride.

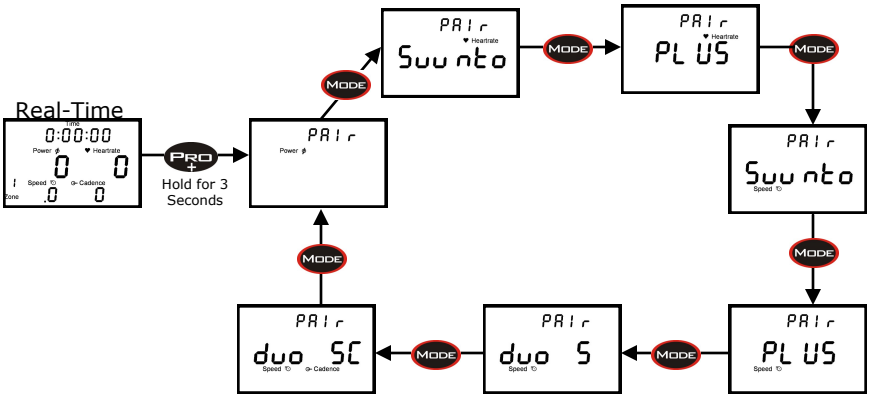
Max screen displays the maximum Power, Speed, Cadence, Heart Rate, and total kilo-joules for the ride.

Hold the MODE button for 5 seconds to put the PowerControl in Sleep Mode.

SRM POWERCONTROL

Pairing/Synchronizing

Power ▶ Heartrate ▶ Speed ▶ Duo-Trap Speed ▶ Duo-Trap Speed/Cadence



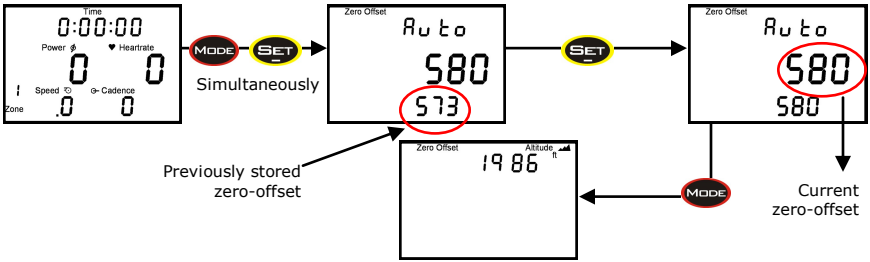
1. From the Real-Time Screen, hold PRO for 3 seconds to enter pairing mode where you will synchronize the PowerControl with the PowerMeter, Speed Sensor, and Heart Rate monitor. Scroll through the different wireless device options with the MODE button. Device must be activated and transmitting by spinning crank or wheel before pairing.
2. Once you are on the screen for the device you would like to pair, press SET. An antenna will begin blinking in the lower right corner. Once your device is detected, "Found" will be flashing on the screen.

Power= SRM PowerMeter
Heartrate Suunto= Suunto Dual HR Strap
Heartrate Plus= Garmin HR Strap

Speed Suunto= Suunto QR Front Wheel Skewer
Speed Plus= SRM VDO Speed Pod (fork or chainstay)
Speed DUO S= Duo-Trap Speed ONLY
Speed/Cadence DUO SC= Duo-Trap

SRM POWERCONTROL

Zero-offset and Altitude



Setting the Zero-offset before every ride is recommended to ensure the most accurate data. The Zero-offset can be compared to zeroing a bathroom scale before weighing yourself; the scale must start at 0 to measure an accurate weight.

From the Real-Time screen press MODE and SET simultaneously to enter the Zero-offset mode. You will see two numbers; the top number is the current offset of the PowerMeter and the lower number shows the previously stored offset. Hit SET once and the lower number will update to store the current offset. You have successfully completed the Zero-offset.

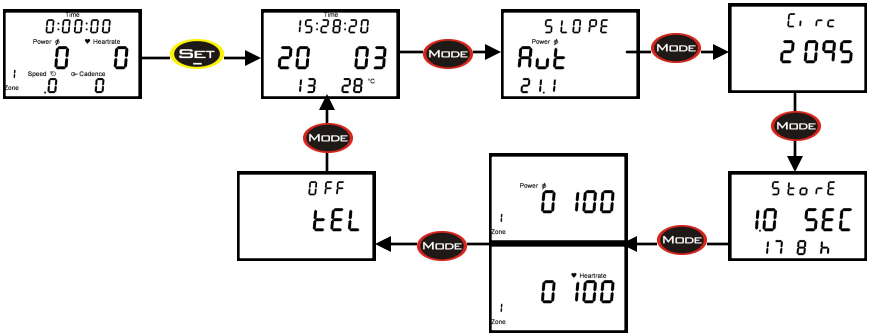
The Zero-offset is affected by temperature and humidity and can change slightly from day to day and during a ride. The SRM PowerMeter has the ability to automatically update the Zero-offset to account for these changes. The "Auto" function is activated when the word Auto appears in the Zero-offset screen, this is the default setting in the PowerControl. A speed sensor must be installed and transmitting in order for the Auto Zero-offset to function.

Altitude can be adjusted from the Zero-offset screen by pressing MODE. Use the PRO and SET button to view or adjust elevation.

SRM POWERCONTROL

Setup Menu

Date/Time ▶ Slope ▶ Wheel Circumference ▶ Storage Interval ▶ Training Zones



The PowerControl setup menu allows you to easily view and change settings and is accessed through the Real-Time screen by holding SET for 3 seconds. Click the MODE button to scroll through the fields and use the PRO(+) and SET(-) button to increase or decrease numbers.

Time: Time of day, date, and year.

Slope: Indicates if the Auto Slope function is on and the paired PowerMeter's slope.

Circ: Wheel circumference.

Store: Interval of storage can be set from 0.5 to 5.0 seconds. The total available memory in hours is displayed at the bottom.

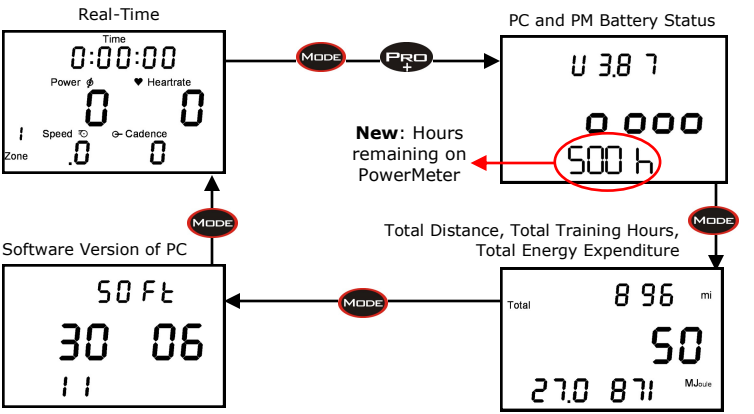
Zones: 5 training zones based on Power or Heart Rate can be customized.

tel: Telemetry mode is designed for human performance broadcast and does not affect data; requires additional hardware sold separately.

SRM POWERCONTROL

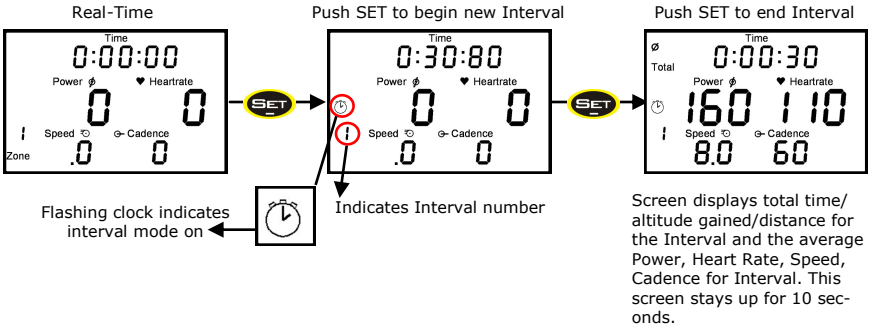
Clearing the Display, Battery Status, Total Training, Software Version

Clearing the Display: To clear previous data and start a new ride file begin in the Real-Time screen and hold PRO and SET simultaneously. This will clear the display. Previous data will be stored for future download. The Auto Start New Training function allows PC7 to automatically start a new training after set amount of time. Activate and manage this feature in SRM Win software.

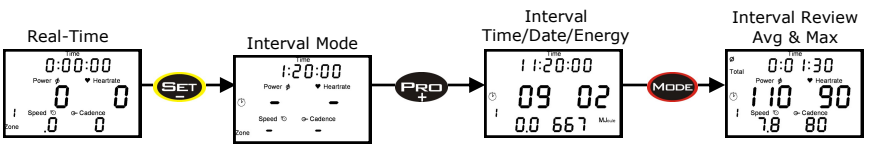


SRM POWERCONTROL

Interval Training



Review Interval Data : Press PRO to view time, date, and energy of past intervals. Press MODE to scroll down through individual max and average screens for each interval (last to first interval). The PowerControl 7 will display up to 20 intervals and can store unlimited intervals for download to training software.



ANT+ COMPATIBILITY

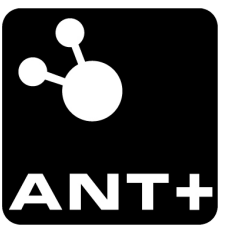
The SRM Wireless PowerMeter is ANT+ compatible. There are a number of ANT+ bike computers on the market (e.g. Garmin) which will connect with the SRM PowerMeter; however, SRM can not guarantee that data displayed on third party head units is accurate to the standard of the SRM PowerControl.

Below is an example of how the Garmin device connects to a power meter.

Connecting a Garmin:
1. Menu, Settings, Bike Settings
2. ANT+ Power, check "PowerMeter yes"
3. Rescan
4. Spin cranks forward until it reads "PowerMeter present"
5. Calibrate, wait for it to read "Calibration success"
6. Sensor Details will show PowerMeter slope and serial number

Note: A combined speed/cadence sensor (e.g. Duo-Trap) must be turned off in order for your ANT+ device to display Cadence and Power.

If you need assistance using a Garmin, visit www.garmin.com.

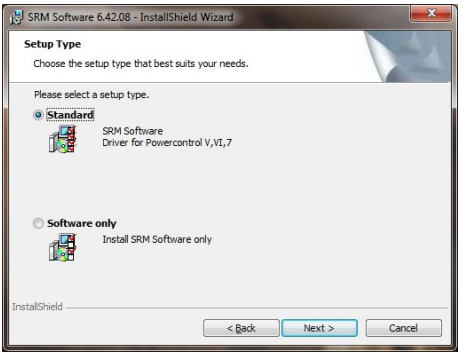


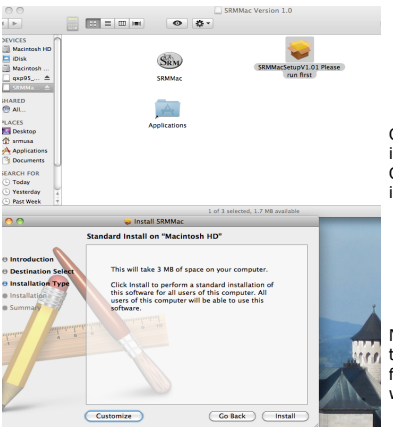
SRM SOFTWARE

Installing SRMWin, SRMMac

In order to view and analyze SRM training files, you must have a software program that is compatible. Every SRM Training System comes with SRM Software (for Windows or Mac) download free at **www.srm.de**. The SRM Installer will offer the following choices for Windows:

Standard: Will install the SRM Software with drivers for PCV, VI, 7.
Software only: Will install SRM Software only. This option must be chosen if you already have a previous version of SRMWin installed.



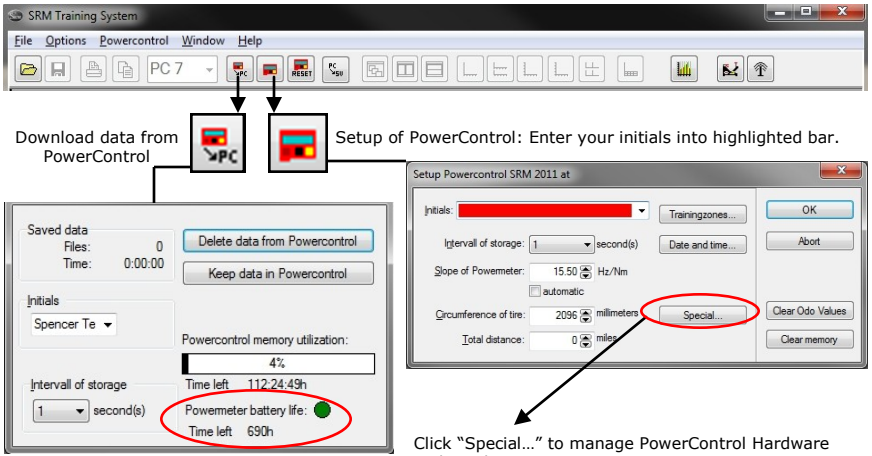

SRMMac Version 1.0
SRMMac
SRMMacSetupV1.01 Please run first
Applications
Install SRMMac
Standard Install on "Macintosh HD"
Introduction
Destination Select
Installation Type
Installation
Summary
This will take 3 MB of space on your computer.
Click Install to perform a standard installation of this software for all users of this computer. All users of this computer will be able to use this software.
Customize
Go Back
Install

On SRMMac Software, you must run the "SRMMacSetup" in order to fully install the software on your computer. Only then can you open the SRMMac. SRMMac software is compatible with PowerControl VI and 7.

Note: If needed, PowerControl drivers are also available for download at www.srm.de.

SRMWin SOFTWARE

PowerControl Setup, Battery Life, and Downloading Data



Delete data from PowerControl to free up more memory or keep the data in PowerControl for re-downloading on another computer.

View PowerControl memory storage and the total hours used on the PowerMeter.

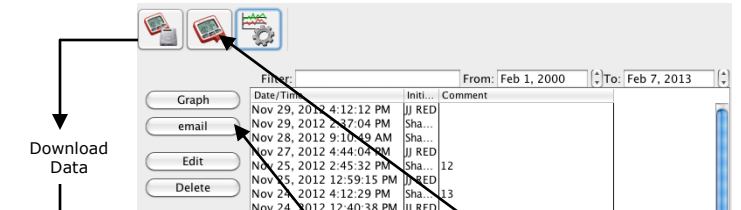
Click "Special…" to manage PowerControl Hardware and Display settings.

Hardware Tab: PowerControl StandBy and Auto Zero -offset options as well as wireless device settings.

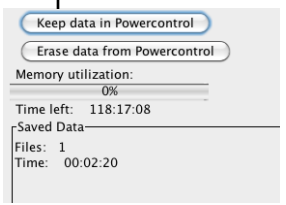
Display Tab: Customize the data displayed during a ride and select imperial vs metric units.

SRMMac SOFTWARE

PowerControl Setup and Downloading Data



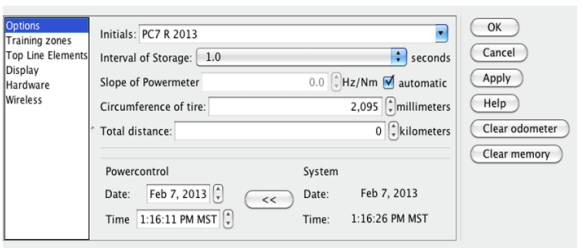
Download Data



Delete data from PowerControl to free up more memory or keep the data in PowerControl for re-downloading on another computer.

Email your SRM file to a coach or friend

Setup of PowerControl



In Setup of PowerControl enter initials and manage personal settings including hardware, display, and wireless options.

CARING FOR THE SRM TRAINING SYSTEM

The SRM PowerMeter and PowerControl are waterproof; however, we DO NOT recommend using a pressure washer. When cleaning your PowerMeter or PowerControl, use a cloth or rag with a mild detergent or soap. Solvents and degreasers can damage the PowerMeter decal and PowerControl. Do not submerge or clean in a solvent tank. Do not use any flammable substance.

SERVICING THE SRM TRAINING SYSTEM

In a great effort to improve customer experience, SRM features **1,900 hours** of battery life to every road PowerMeter. This is nearly 5x more than any other power meter on the market today and equates to over 3 years of regular training for most users. There is a PowerMeter battery counter in SRMWin software which will alert you as to when a factory battery replacement is required (pg 16).

Standard SRM service includes battery change, recalibration, and waterproofing. A Service Order Form can be downloaded at www.srm.de and mailed to your SRM Service Center with the unit.

WARRANTY INFORMATION

Complete and send in the provided warranty card to activate the warranty and register as the owner of your new SRM Training System. All new SRM PowerMeters come with a 3-year limited warranty and is void in the case of damage due to crashes and damage due to opening the PowerMeter and/or PowerControl outside of the SRM Service Center. If you have questions regarding warranty, please contact your SRM Service Center.

FCC COMPLIANCE DECLARATION

Regulatory Compliance FCC ID: WCS-PM7 IC: 7761A-PM7
Regulatory Compliance FCC ID: WCS-PC7 IC: 7761A-PC7

This device complies with part 15 of the FCC Rules, Industry Canada RSS-210, and ICES-003. Operation is subject to the following two conditions:

1. This device may not cause harmful interference, and
2. This device must accept any interference received, including interference that may cause undesired operation.

This equipment has been tested and found to comply with the limits for Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and may cause harmful interference to radio communications if not installed and used in accordance with the instructions.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try and correct the interference by one of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet that is on a different circuit from unit.
- Consult the dealer or an experienced radio/TV technician for help.

This product does not contain any user-serviceable parts. Repairs should only be made by an authorized SRM Service Center. Unauthorized repairs or modifications could result in permanent damage to the equipment, and void your warranty and your authority to operate this device under Part 15 regulations.

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